

# JANUARY 2016

## STAFF

Carie Dick—Director  
Bev Hinkle—Assistant Director  
Cheri Brosmer—Receptionist

## VAN DRIVERS

Tanya Jackson  
Bernie Schaeffer




ARNOLD F. HABIG COMMUNITY CENTER

OLDER AMERICANS

1301 St. Charles Street, Jasper, IN 47546

Phone: 812-482-4455

Web Site: [www.jasperindiana.gov](http://www.jasperindiana.gov)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>CLOSED</b> <b>New Years Day</b>	2
3 Center Open 1-4	4 9:00 Exercise Class 9:45 Exercise Class 12:30 Texas Holdem <b>3:00 RSVP Lunch Bunch</b> ●	5 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO	6 9:00 - 10:30 Free Computer Class 12:30 Mah Jongg 12:30 Pay Me	7 9:00 Exercise Class 9:45 Exercise Class 12:30 Cinch Tourney	8 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Hearts	9
10 Center Open 1-4	11 9:00 Exercise Class 9:45 Exercise Class 12:30 Hand & Foot	12 10:00 Tender Loving Crafts 11:00 Lunch Bunch 12:30 Scrabble 12:30 Tripoley	13 9:00 - 10:30 Free Computer Class 12:30 Mah Jongg 12:30 Golf <b>3:00 RSVP Catered Meal</b> ●	14 9:00 Exercise Class 9:45 Exercise Class 12:30 Rum Tourney	15 8:30 Mah Jongg 10:00 Singing Seniors at Cathedral Health Care 12:30 Farkle	16
17 Center Open 1-4	18 <b>CLOSED</b> <b>Martin Luther King Jr. Day</b> ★	19 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO	20 9:00 - 10:30 Free Computer Class 12:00 Catered Meal 12:30 Mah Jongg 12:30 Dominoes	21 9:00 Exercise Class 9:45 Exercise Class 12:30 Sheephead Tourney 12:30 Hand & Foot	22 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Pay Me <b>3:00 RSVP Boomerama</b> ●	23
24 Center Open 1-4	25 9:00 Exercise Class 9:45 Exercise Class 12:00 Boomerama 12:30 Hearts	26 10:00 Tender Loving Crafts 12:30 Scrabble 12:30 Phase 10	27 9:00 - 10:30 Free Computer Class 12:30 Mah Jongg 12:30 Tripoley	28 9:00 Exercise Class 9:45 Exercise Class 12:30 Euchre Tourney	29 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Golf	30
31 Center Open 1-4						

# JANUARY HOMEBOUND 2016

THANK YOU FOR YOUR DONATION. PLEASE ASK THE DELIVERER FOR DONATION ENVELOPES WHEN YOU RUN OUT.

Dubois, Daviess, Martin, Pike, GENERATIONS NUTRITION, Menu subject to change without notice. Meals served with milk and margarine. Phone number for meals (812)367-2990

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Closed Happy New Year	2
3	4 Pasta Casserole Green Beans Hot Apples Graham Crackers Wheat Bread	5 Sloppy Joe Diced Potatoes Peas Pineapple Juice Bun	6 Chicken & Rice Broccoli Hot Spiced Pears Wheat Bread	7 Pork BBQ Baked Beans German Potato Salad Mixed Fruit Wheat Bread	8 Meatloaf Mashed Potatoes Corn Cookie Wheat Bread	9
10	11 Ham & Beans Cornbread Mixed Greens Oatmeal Pie	12 Parmesan Chicken Yam Patties Winter Blend Vegetables Grape Juice Wheat Bread	13 Salisbury Steak/Gravy Mashed Potatoes Green Beans Pudding Wheat Bread	14 Chicken & Dumplings Brussel Sprouts Carrots Raisins Wheat Bread	15 Grilled Cheese Soup Peaches Crackers Cookie	16
17	18 Hot Dog Baked Beans Steamed Cabbage Pineapple Bun	19 Smokey Riblets Corn Broccoli Granola Bar Wheat Bread	20 Chicken/Gravy Mashed Potatoes Green Beans Cranberry Juice Wheat Bread	21 Teriyaki Chicken Sliced Potatoes Butter Beans Pears Wheat Bread	22 Chicken Salad Peaches Shredded Lettuce Potato Chips Wheat Bread	23
24	25 Country Fried St/Gravy Mashed Potatoes Vegetable Blend Mixed Fruit Wheat Bread	26 Breaded Cod Mixed Vegetables Diced Potatoes Grandma's Cookies Bun	27 Chilli Hot Applesauce Crackers PB&J Sandwich	28 Beef Stew Corn Biscuits Fruit	29 Hamburger/Cheese Potatoes Green Beans Mandarin Oranges Bun	30
31						

**AVAILABLE DAILY  
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equals a mile. Monday - Friday from 8 a.m. until 3:45p.m.



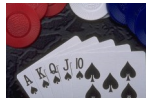
- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 Mile. If you want to brave the winter weather it is a good path for exercise



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL :** Pool tables are available Monday, Tuesday, Thursday & Friday from 8 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



**RAINBOW MESSENGER  
JANUARY, 2016**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. Ryan is here to assist you every Wednesday from 9-10:30 a.m. and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop, Kindle or Ipad.



**REGULAR SCHEDULED ACTIVITIES**

- **TLC CLASS (Tender Loving Crafts)**  
Betty Hoffman craft coordinator and the other crafters would love for you to join the T.L.C. craft class that meets every **Tuesday morning from 10 to 12.** Come in and see the well equipped arts & crafts room. The small studio fee is \$3.00 per session and class participants may purchase project supplies at 50% off cost. Class is fun and educational and a super way to meet new friends.  
**January 5 - Rock Art**  
**January 12 - Decoupage a vase**  
**January 19 - 5X7 Canvas Art—Floral**  
**January 26 - Homemade Noodles with Anna Bohnert**



- **SINGING SENIORS:** Meet Friday mornings at 10 a.m. at The Habig Center. They will be singing at Cathedral Health Center in Jasper on Friday, January 15th.



- **BINGO:** Will be played at **12 p.m.** on **Tuesday, January 5th and January 19th.** We ask you to keep bills to \$5's and under as we pay out 100% and do not have change. Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m.  
**\*\*\*You may want to bring a sweater or jacket, it sometimes gets cool.**

BINGO									
7	25	44	57	62					
15	22	40	50	70					
11	30			46	74				
2	28	37	55	68					
10	27	39	59	75					

- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at **11:15 a.m. on Tuesday, January 5th and January 19th.**



- **EXERCISE CLASS:** Every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!

- **EXERCISE CLASS** For more of a challenge, come in at **9:45 a.m. on Monday & Thursday mornings** for a group exercise. It is a great way to get your heart pumping. A staff member is with the group and will help guide you as you go at your own pace.



## CARD TOURNEYS



- **Thursday, January 7th**  
Cinch Tourney
- **Thursday, January 14th**  
Rum Tourney
- **Thursday, January 21st**  
Sheephead Tourney
- **Thursday, January 28th**  
Euchre Tourney

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and paid back to the 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the Tourney you are playing in.

- **TEXAS HOLD'EM**: Will be played **Monday, January 4th at 12:30 p.m.** There is a \$1.00 charge for the chips and the winner receives the cash prize. **Reservations are due by 10 a.m. the morning you play.**
- **DOMINOES**: The Mexican Train version will be played at **12:30 p.m. on Wednesday, January 20th.** It is a fun game that is easy to learn. Everyone is welcome! **Please call in by 10 a.m. if you are coming in to play.**
- **PAY-ME**: A game similar to Rum but played with 3 decks of cards, including the jokers will be played at **12:30 p.m. Wednesday, January 6th and Friday, January 22nd.** Please let us know by 10 a.m. if you are coming in to play.

## RAINBOW MESSENGER

- **TRIOLEY**: Bring your pennies to play Tripoley at **12:30 p.m. Tuesday, January 12th and Wednesday, January 27th.** We have a lot of fun! **Please call in by 10 a.m. game day if you would like to play.**



- **SCRABBLE**: How about a little challenge? Come in to play Scrabble at **12:30 p.m. on Tuesdays, January 12th and 26th.** **Please sign-up by 10 a.m. game day if you plan to attend.**
- **PHASE-10**: Will be played **Tuesday, January 26th at 12:30 p.m.** It is a fun easy card game, **Please call in by 10:00 a.m. if you would like to play.**
- **HEARTS**: We will play at **12:30 p.m. Friday, January 8th and Monday, January 25th.** This game is easy to learn and very enjoyable. **Call in by 10:00 a.m. if you will be able to play.**
- **GOLF**: The card game will be played **Wednesday, January 13th and Friday, January 29th at 12:30 p.m.** Four to six players can play before adding another deck. Low score wins the game. If you've played it before come in and join the fun, if this is your first time I'm sure you'll enjoy playing. **Please call in by 10:00 a.m. to sign up.**

- **HAND AND FOOT**: A 2 handed, game of Hand and Foot Canasta. It's played individually with 1 deck per person plus 1 extra deck and all jokers. Join us **Monday, January 11th and Thursday, January 21st at 12:30 p.m.** Please call in by 10:00 a.m. if you would like to play.
- **FARKLE**: Is a dice game using 6 dice, a pencil and paper. You roll the dice and take out those worth points. Come and play on **Friday, January 15th at 12:30.** Please call in by 10:00 a.m. if you would like to play.
- **PUZZLES**: We have one on the table for anyone who would like to help. Put a few pieces together in passing or sit for awhile.
- **MAH JONGG**: Originated in China & is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m.** **If you can play on Wednesday please call in by 10 a.m. to let us know.** New players welcome.

## WINTER CLOSINGS

**In case of inclement weather, please listen to radio stations WITZ and WBDC for cancellations and/or rescheduling**



\*\*\*SPECIAL ACTIVITIES\*\*\*

ALL TRIPS AND ALL ACTIVITIES ARE ONLY FOR DUBOIS COUNTY RESIDENTS 55 YEARS AND OLDER. WHEN SIGNING UP FOR TRIPS, ONLY 4 INDIVIDUALS PER SIGN UP.

- **LUNCH BUNCH:** Join us at El Tapatio (in the old Los Bravos building) on Tuesday, January 12th At 11:00. They offer several lunch specials for \$7.99 including drink. As always the meal is “dutch treat”. Reservations are due by 3:00 p.m. Monday, January 4th. Come enjoy good food and visit with friends.



**CATERED MEAL:** The Mill House will be catering a delicious meal for us on Wednesday, January 20th at 12:00. The Menu will be: Pecan Chicken, Red Mashed Potatoes, Green Beans, Tossed Salad with choice of 2 dressings, and unsweetened iced tea. Cost of the meal will be \$8.75 payable at the meal. Reservations are due to the Center by 3:00 p.m. Wednesday, January 13th.

**BOOMERAMA:** Will be held Monday, January 25th at 12:00. The speaker will be Megan Kelley of Gentiva Hospice. She will be speaking about the experience of Honor Flight, which takes WWII Veterans to Arlington Cemetery in Washington D.C. There is a \$5.00 charge to cover the cost of the optional lunch. Reservations are due by 3:00 p.m. on Friday, January 22nd.

- **BOOK CLUB:** We will be taking a break in January. On Thursday, February 11th at 11:00 a.m. We want to hear what you think about “The Girl on the Train” by Paula Hawkins. The book is a psychological thriller. Read the book then let us know what you think. New members are always welcome. (Meet in the library at the Center)



**What's On Your Plate?**  
**Smart Food Choices for Healthy Aging**  
Join Jan Dougan, Extension Educator with Purdue Extension-Dubois County, before exercise class Monday mornings at 8:45, beginning January 4, 2016, for weekly recipes and nutrition tips

- **BIRTHDAY & ANNIVERSARY:**

We will no longer be publishing birthday and anniversaries in the newsletter. If you would like your birthday and/or anniversary to appear on the bulletin board at the Center, please let the staff know the month and day. Thank you!!

- **BOOK SHELF:** The books have been moved downstairs to The Habig Room. Thanks to the generosity of so many, we have a great selection of books for you to borrow.



- **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.

- Free beginner and intermediate bridge lessons. Call Cindy Kluemper at (812)482-3299 or Mary Ann Seng at (812)482-1101



\*\*\*\*\*2016 Newsletter\*\*\*\*\*

It is time to sign-up to have the 2016 Rainbow Messenger mailed to you each month. The fee for the entire year is \$7.00. Make checks payable to Older American Center & include your address. The newsletter is available free for you to pick up at the Center in Jasper, Huntingburg's Senior Center, Meadowood & Ferdinand's Center. Also available online at [www.jasperindiana.gov](http://www.jasperindiana.gov)





### **Tax Filing Assistance Available**

The Habig Center from 9 a.m. to 3 p.m.  
February: 4th, 11th & 25th  
March: 3rd, 10th, 17th, 24th, and 31st  
April: 7th  
To schedule an appointment:  
Call 812-482-4455

Ferdinand Senior Center will be offering filing assistance. Watch the future newsletters for times and dates.

## **TRIPS**

**\*\*There is a \$25.00 charge for all returned checks\*\***



### **Recipe Exchange**

#### **APPLE GERMAN CHOCOLATE CAKE**

##### **Ingredients:**

1 can (21 oz) apple pie filling  
1 package (18-1/4 oz) German Chocolate  
Cake Mix  
3 eggs  
3/4 cup coarsely chopped walnuts  
1/2 cup miniature semisweet chocolate chips

**Directions:** Place pie filling in a blender; cover and process until the apples are in 1/4-in. chunks. Pour into a mixing bowl; add dry cake mix and eggs. Pour into a greased 13 x 9x 2 inch baking pan. Sprinkle with nuts and chocolate chips. Bake at 350 degrees for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool completely on a wire rack before cutting. Yield: 12-15 servings.

Submitted by Marlene Hochgesang from Taste of Home

Have a good recipe to share? We would be happy to publish it.

## HUNTINGBURG SENIOR CENTER JANUARY 2016

Call the Center at 683-2994 to make reservations for the Card Tourneys held at 12:30 p.m. on **Mondays**. You will enjoy the day!!



**There will be Bingo all 4 Wednesdays, in January**



There are over 400 books on hand for your reading pleasure including: love, inspirational and suspenseful books plus books by authors: Zane Grey, John Grisham, James Patterson, Mary Higgins Clark, Sidney Sheldon, Danielle Steel, Fern Michaels and others



The Huntingburg Senior Center now has games and activities available for those who don't play cards.

Battleship	Boggle	Skip-Bo
Chinese Checkers	Dominoes	Uno
Mastermind	Monopoly	Sorry
Rummikub	Left, Right, Center	
Yahtzee	Puzzle books	
Sudoku	Left, Right	

Deer in the Headlights - A card & dice game.  
Several have learned to play this and really enjoy it.

Boggle - A word game using scrambled letters and a timer.

Electronic dart board & a mini 9-hole golf to practice your putting skills.

**\*\*We have games scheduled for most days but you are free to do what ever interests you. You do not have to play the game of the day.\*\***

**Puzzle:** We have one started, come in and help put it together!



## CARRY-IN LUNCH


**Thursdays, January 14 and January 28.** Enjoy a delicious lunch with friends followed by cards & games if you choose to stay. Please bring a favorite dish to share. Bring a friend!



**Memorial Gym is open for walking. Hours are Monday—Friday 5:00 a.m. to 1:30 p.m. and Saturday, 7:00 a.m. to 11:00 a.m.**



**\*\* Get your Blood Pressure Checked\*\***  
**First Wednesday of the month from 12:30 - 1:00 p.m.**

 **Join THE SENIOR FUN GROUP every Tuesday and Friday at 1:00 at Breakway Lanes, 104 E 13th Street, Huntingburg. Bowl 3 games for \$7.35 plus cost of shoes. Free coffee and popcorn.**

## JANUARY BIRTHDAYS

Alvin Braun	16
Eileen Kiefer	17
Mary Bohnert	22
Charlie Blessinger	25





# JANUARY 2016

**HUNTINGBURG SENIOR CENTER**  
**309 N Geiger St**  
**Huntingburg IN 47542**  
**812-683-2994**  
**Rita: 812-309-9576**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Closed New Year's Day	2
3	4 12:30 Cinch Tourney Sponsor: Brookside	5 1:00 Bowling	6 12:30-1:00 Blood Pressure Checks 1:00 BINGO Sponsor: HLS 2:00 Cards & Games	7 10:00 Crafts with Michelle  1:00 Cards & Games	8 1:00 Bowling	9
10	11 12:30 Euchre Tourney Sponsor: The Timbers	12 1:00 Bowling	13 1:00 BINGO Sponsor: Omni H.C. 2:00 Cards & Games	14 12:00 Carry-In Lunch Sponsor: St. Charles 1:00 Cards & Games	15 1:00 Bowling	16
17	18 12:30 Cinch Tourney Sponsor: Northwood	19 1:00 Bowling	20 1:00 BINGO Sponsor: Scenic Hills 2:00 Cards & Games	21 10:00 Crafts with Michelle  1:00 Cards & Games	22 1:00 Bowling	23
24	25 12:30 Euchre Tourney Sponsor: Willowdale	26 1:00 Bowling	27 1:00 BINGO Sponsor: The Waters 2:00 Cards & Games	28 12:00 Carry-In Lunch 1:00 Cards & Games	29 1:00 Bowling	30
31						